

Abstract

Title

Condition training in field hockey: creation, implementation and evaluation of condition training program for the upcoming Junior European Championship.

Aim of the work

The main aim is to create, implement and evaluate condition training program for the national junior field hockey team.

Methods

Frame of the research is formed by evaluation. Research evaluation is supplied by methods of obtaining data and their further elaboration.

Results

Results present and evaluate implemented program. These results should lead to condition training program solution in the future.

Key words

Field hockey, condition training, training planning, motoric abilities test.